

DRAFT Family Home Child Care Licensing Rules – Food & Nutrition Section

Dear Parents, Family Home Child Care Providers, and Other Interested Persons,

On the following pages you will find the early draft of the **Food and Nutrition** section of the Family Home Child Care licensing rules. This is a working draft prepared by the Negotiated Rule Making Team (NRMT), a group that is making recommendations to the Department of Early Learning (DEL) about the licensing rules. This draft has not been endorsed as an official DEL draft or proposed rule. Other sections of the working draft rules are available on the DEL Web site at: <http://www.del.wa.gov/laws/development/negotiated.aspx>.

Please remember that is a very early draft – you will have a chance to see and comment on future drafts before the rules become final.

The NRMT and DEL are asking that you take time to look over this early draft. Your experience and insight are needed! What you tell us will help improve the rules. In the left column are the NRMT's recommended draft rules. In the right column is the current rule requirement. As you look over the draft new rules and current rules, think about the following:

- Are the draft new rules stated clearly?
- Are the draft rules easy to understand and follow?
- What would make the rule work better?

How to give your input. You can send an e-mail with your comments, suggestions or questions to DEL at Rules@del.wa.gov. Or, send your thoughts by fax to 360-413-3482, or mail them to: DEL Rules Coordinator, PO Box 40970, Olympia, WA 98504-0970. We will keep taking comments on this draft until the next draft version is ready for release.

What happens to your comments? All input from around the state will be considered by the DEL and the Negotiated Rule Making Team in writing the next draft of the rules.

What is the Negotiated Rule Making Team? The Negotiated Rule Making Team is helping DEL review and revise the Family Home Child Care WAC 170-296. Licensed child care providers, parent and provider advocates, the Service Employees International Union 925, the Child Care Resource & Referral Network, and DEL staff are on this team. The team is guided by the principle that licensing rules must support a child's right to have safe and healthy child care.

What happens next? Other parts of the draft rule will be available for your review soon. A second draft of the entire WAC chapter will be available in spring of 2010. Around mid-2010, DEL plans send out the formal rule proposal required by law. DEL will hold public hearings and accept more written comments on the proposal at that time. DEL plans to adopt the final rules in late 2010.

Remember, this is an early draft. You will get to see the draft rules again before they are final!

WAC 170-296 Early Preliminary Draft for Input - There will be other opportunities for input before these rules are adopted.

NRMT Recommended - Preliminary DRAFT WAC (WAC Numbers are temporary) Food & Nutrition – May 2009	CURRENT WAC
FOOD AND NUTRITION	
Intent 170-296-5700 The intent of this section is to promote safe food handling in family child care.	No comparable current WAC
Food Service Requirements 170-296-5701 The Licensee must follow the current USDA Child and Adult Food Guidelines for Foods Served. 170-296-5710 (1) A parent may provide alternative food for their child if a written food plan is completed and signed by a parent/guardian and the licensee. (2) This written food plan includes accommodations for: (a) The child's medical needs, (b) Special diets, (c) Religious preference, or (d) Family preference 170-296-5720 The Licensee must supplement the alternative food plan with the USDA guideline foods if the parent/guardian does not provide food to meet the nutritional needs of their child.	170-296-0900 Are there general nutrition requirements? The meals and snacks you prepare and serve must meet the requirements of the U.S. Department of Agriculture Child and Adult Food Program, with the addition of: (1) A minimum of one serving of vitamin C fruit, vegetable or juice daily; and (2) Servings of food high in vitamin A, provided three or more times weekly. 170-296-0920 What are the requirements for meals and snacks served to children in my care? (1) Food must be prepared and stored in a safe and sanitary manner and served at required intervals. (2) If you do not furnish meals, you must have the required supplemental food available in the event that no meal is provided by the parent or if the meal provided by the parent does not meet the required nutritional value. (3) If you provide meals: (a) You must accommodate any food preferences for religious or medical reasons. If the meal patterns or serving sizes do not meet the

This working draft is prepared by the Negotiated Rule Making Team that is developing recommendations about a comprehensive revision of the family home child care licensing rules in WAC chapter 170-296. This document is not presented as DEL-endorsed draft or proposed rule.

WAC 170-296 Early Preliminary Draft for Input - There will be other opportunities for input before these rules are adopted.

<p>NRMT Recommended - Preliminary DRAFT WAC (WAC Numbers are temporary) Food & Nutrition – May 2009</p>	<p>CURRENT WAC</p>
	<p>child's nutritional needs, you must obtain a medical statement from the parent documenting the appropriateness of the variation.</p> <p>(b) The servings must be in portions suitable for the size and age of the child in care. You must have a sufficient amount of food available to children to permit second helpings.</p> <p>(4) You must refrigerate perishable food, milk and formula.</p> <p>(5) You must make safe drinking water available to children at all times and must offer at intervals that are responsive to the needs of the individual children.</p> <p>(6) You may use:</p> <p>(a) Disposable cups and plates if discarded after use; and</p> <p>(b) Disposable plastic eating utensils if they are not easily broken by young children and are discarded after use.</p> <p>(7) You may not use styrofoam cups for infants or toddlers.</p> <p>170-296-0930 How do I handle a child's special diet?</p> <p>If a child has a food allergy/intolerance or special menu requirements due to a health condition you must receive written directions from the child's health care provider and parent to provide nutritional supplements or a medically modified diet. For allergy diets the parent and health care provider must identify the foods the child is allergic to.</p>
<p>Home Canned Foods</p> <p>170-296-5730 Home canned foods are not allowed to be served.</p> <p>NOTE: There will be additional information on this subject in a provider Guidebook</p>	<p>170-296-0950 What home canned foods may I use?</p> <p>You may not use any home canned food for the children in your care due to the risk of bacteria that may grow in food improperly canned, causing serious illness.</p>
<p>Drinking Water</p> <p>170-296-5740 (1) A safe supply of drinking water must be available to each child.</p>	<p>170-296-0920 What are the requirements for meals and snacks served to children in my care?</p>

This working draft is prepared by the Negotiated Rule Making Team that is developing recommendations about a comprehensive revision of the family home child care licensing rules in WAC chapter 170-296. This document is not presented as DEL-endorsed draft or proposed rule.

WAC 170-296 Early Preliminary Draft for Input - There will be other opportunities for input before these rules are adopted.

NRMT Recommended - Preliminary DRAFT WAC (WAC Numbers are temporary) Food & Nutrition – May 2009	CURRENT WAC
<p>(2) Drinking water must be served in a safe and sanitary manner.</p> <p>(3) Clean sanitary drinking water will be readily available throughout the day.</p>	<p>(5) You must make safe drinking water available to children at all times and must offer at intervals that are responsive to the needs of the individual children.</p> <p>170-296-1140 What are the requirements for drinking water?</p> <p>You must provide:</p> <p>(1) Drinking water supplied from:</p> <p style="padding-left: 40px;">(a) A public water supply regulated by Washington state department of health drinking water operations or the local health authority as appropriate; or</p> <p style="padding-left: 40px;">(b) An individual water supply operated and maintained in a manner acceptable to the local health authority; or</p> <p style="padding-left: 40px;">(c) Commercially bottled water.</p> <p>(2) Disposable paper cups or individual drinking cups.</p>
<p>Milk requirements</p> <p>170-296-5750 Milk must be served according to age:</p> <p>(1) Serve breast milk or formula from 0 to 12 months old</p> <p>(2) Serve whole pasteurized milk from 12 months to 24 months old</p> <p>(3) Serve breast milk or formula after 12 months until the parent/guardian is ready to serve whole pasteurized milk</p> <p>(4) Serve pasteurized milk or pasteurized milk product to children over 24 months old</p>	<p>170-296-0940 Are there special requirements for serving milk?</p> <p>The type of milk served to children is determined by the child's age.</p> <p>(1) Serve only breast milk or formula to the child zero to twelve months of age;</p> <p>(2) Serve whole pasteurized milk or breast milk to children twelve to twenty-four months of age;</p> <p>(3) Serve only pasteurized milk or pasteurized milk product to children over twenty-four months of age.</p>
<p>Frequency of Foods/Snacks to be served</p> <p>170-296-5780</p>	<p>170-296-0910 How often must I feed children in my care?</p> <p>(1) You must provide the child in care for ten or less hours a minimum of:</p>

This working draft is prepared by the Negotiated Rule Making Team that is developing recommendations about a comprehensive revision of the family home child care licensing rules in WAC chapter 170-296. This document is not presented as DEL-endorsed draft or proposed rule.

WAC 170-296 Early Preliminary Draft for Input - There will be other opportunities for input before these rules are adopted.

NRMT Recommended - Preliminary DRAFT WAC (WAC Numbers are temporary) Food & Nutrition – May 2009	CURRENT WAC
<p>(1) Meals or Snacks must not be offered more than 3 hours apart unless the child is asleep.</p> <p>(2) Meals or Snacks must be offered at intervals at least 2 hours apart.</p>	<p>(a) Two or more snacks and one meal; or (b) Two meals and one snack.</p> <p>(2) You must provide the child in care for ten or more hours a minimum of, two or more meals and two snacks.</p> <p>(3) You must provide a snack for the child arriving after school.</p> <p>(4) The time interval between providing the child with food, during the day, can be no more than three and one-half hours.</p> <p>(5) The time interval between the evening meal or snack and breakfast must not be more than twelve hours.</p> <p>(6) The child in evening care must be fed dinner when the child did not receive dinner at home before arriving.</p> <p>(7) The child in overnight care must be offered breakfast in the morning if the child remains in the home after the child's usual breakfast time.</p>
<p>Portions of Meals and Snacks served</p> <p>170-296-5790 (1) Meals and snacks served must meet the current USDA meal pattern guidelines for children</p> <p>(2) (a) The Licensee may serve each child individually or (b) The Licensee may serve family style in serving containers that allow each child the opportunity to serve themselves.</p>	<p>170-296-0900 Are there general nutrition requirements?</p> <p>The meals and snacks you prepare and serve must meet the requirements of the U.S. Department of Agriculture Child and Adult Food Program, with the addition of:</p> <p>(1) A minimum of one serving of vitamin C fruit, vegetable or juice daily; and (2) Servings of food high in vitamin A, provided three or more times weekly.</p>
<p>Food Storage and Handling</p> <p>170-296-5800 (1) Food must be prepared, served and stored in a safe and sanitary manner.</p> <p>(1) The Licensee must follow the guidelines in the current State Food Handler's handbook.</p>	<p>170-296-0920 What are the requirements for meals and snacks served to children in my care?</p> <p>(1) Food must be prepared and stored in a safe and sanitary manner and served at required intervals.</p>
<p>Washing Dishes</p> <p>170-296-5810 Dishes must be washed thoroughly by using one of the</p>	<p>170-296-1000 How do I wash, rinse and sanitize dishes and eating utensils?</p>

This working draft is prepared by the Negotiated Rule Making Team that is developing recommendations about a comprehensive revision of the family home child care licensing rules in WAC chapter 170-296. This document is not presented as DEL-endorsed draft or proposed rule.

WAC 170-296 Early Preliminary Draft for Input - There will be other opportunities for input before these rules are adopted.

NRMT Recommended - Preliminary DRAFT WAC (WAC Numbers are temporary) Food & Nutrition – May 2009	CURRENT WAC
<p>following methods:</p> <p>(1) Automatic dishwasher or</p> <p>(2) Hand-washed by the wash, rinse, sanitize and air dry method after each use</p> <p>NOTE: There will be additional information on this subject in a Provider Guidebook.</p>	<p>You must use a dishwasher or the "three compartment method" which is a combination of sink compartments or dishpans made of plastic or other nonporous material:</p> <p>(1) Fill one sink compartment or dishpan with hot tap water and dishwashing detergent, and wash the items in this compartment.</p> <p>(2) Fill the second compartment or dishpan with hot tap water, and rinse the items in this compartment.</p> <p>(3) Fill the third compartment or dishpan with cool water and one teaspoon liquid chlorine bleach for each gallon of water, and dip the items in this compartment to sanitize.</p> <p>(4) Place the items in a rack to air-dry.</p>
<p>Disposable Servicing Items</p> <p>170-296-5820 (1) Food must be cooked or reheated in safe containers – plastic containers are not allowed.</p> <p>(2) Disposables must be sturdy, used only once and thrown away after use.</p> <p>(3) Styrofoam cups must not be used for infants or toddlers.</p>	<p>170-296-0920 What are the requirements for meals and snacks served to children in my care?</p> <p>(6) You may use:</p> <p>(a) Disposable cups and plates if discarded after use; and</p> <p>(b) Disposable plastic eating utensils if they are not easily broken by young children and are discarded after use.</p> <p>170-296-0990 What are the kitchen requirements?</p> <p>You must provide, use and maintain equipment to properly store, prepare, and serve food to meet the needs of the children under your care.</p> <p>(6) If you cannot clean and sanitize dishes and utensils as required, use only disposable items.</p>
<p>Food Preparation and Serving</p> <p>170-296-5830 (1) All surfaces where food is prepared and served</p>	<p>170-296-0990 What are the kitchen requirements?</p>

This working draft is prepared by the Negotiated Rule Making Team that is developing recommendations about a comprehensive revision of the family home child care licensing rules in WAC chapter 170-296. This document is not presented as DEL-endorsed draft or proposed rule.

WAC 170-296 Early Preliminary Draft for Input - There will be other opportunities for input before these rules are adopted.

NRMT Recommended - Preliminary DRAFT WAC (WAC Numbers are temporary) Food & Nutrition – May 2009	CURRENT WAC
<p>must be washed before and after use.</p> <p>(2) All food contact surfaces must be free of cracks and crevices.</p> <p>(3) The floor of food preparation area must be made of a material that does not allow water or moisture to penetrate the surface.</p> <p>(3) Pets must not be in the food preparation area while food is being prepared.</p> <p>(4) The kitchen can be used for other activities as long as there is continual supervision of the children.</p>	<p>You must provide, use and maintain equipment to properly store, prepare, and serve food to meet the needs of the children under your care.</p> <p>(1) Appliances must be installed so that you can easily clean them and the areas around them.</p> <p>(2) Food contact surfaces must be free of cracks and crevices.</p> <p>(3) Range tops, ovens and refrigerators must be clean.</p> <p>(4) Wash tables with soap and water before and after each meal.</p> <p>(5) Wash counters with soap and water prior to food preparation.</p> <p>(6) If you cannot clean and sanitize dishes and utensils as required, use only disposable items.</p> <p>(7) Keep pets and their food out of the food preparation area. If this is not always possible keep pets out of the kitchen while you are preparing food.</p>

This working draft is prepared by the Negotiated Rule Making Team that is developing recommendations about a comprehensive revision of the family home child care licensing rules in WAC chapter 170-296. This document is not presented as DEL-endorsed draft or proposed rule.